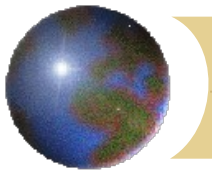


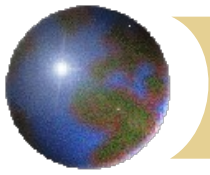
# *FIRST AID AND HEALTH*

- ✚ What is the purpose of first aid?
- ✚ Emergency care for the sick or injured.
- ✚ Main objectives of first aid are?
- ✚ Save life, prevent further injury, and limit infection.



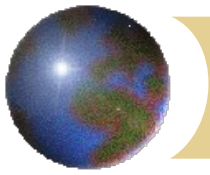
# *FIRST AID*

- ✚ Three primary task in administering first aid are?
- ✚ Maintain breathing
- ✚ Stop bleeding/maintain circulation
- ✚ Prevent or treat for shock
- ✚ Determine the injuries and do it QUICKLY.



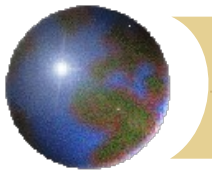
# *FIRST AID*

- ✚ Shock, if the victim is in shock, place them on their back.
- ✚ Only move out of necessity.
- ✚ Never give artificial ventilation to any person who is still breathing



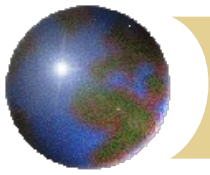
# *FIRST AID*

- ✚ Transportation of a victim in shock is very important.
- ✚ What is the proper procedure?
- ✚ Always have the litter go feet first.
- ✚ Why?
- ✚ So the rear bearer can watch for respiratory obstructions or stopping of breathing.



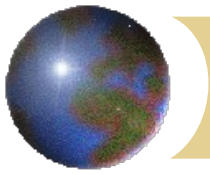
# *FIRST AID*

- ✚ A person who has stopped breathing but is still alive is in a state of?
- ✚ Respiratory Failure..
- ✚ What is the treatment for this?
- ✚ Artificial Ventilation



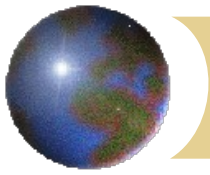
# *FIRST AID*

- ✚ Mouth to mouth- how many ventilations per minute?
- ✚ 12-15 or one breath every 5 seconds
- ✚ Mouth to nose – how many?
- ✚ 12-15 or one breath every 5 seconds



# *FIRST AID*

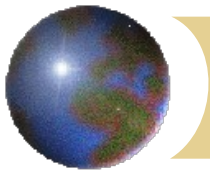
- ✚ Back pressure/arm lift
- ✚ Use as the alternate when all others are not possible.
- ✚ Press, release, lift and release 10 to 12 times per minute.



# *CPR*

- ✚ To be effective CPR must start within how many minutes of cardiac arrest?
- ✚ 4 minutes.
- ✚ One rescuer technique
- ✚ Depress the sternum how far and how many compressions per minute?
- ✚ 1 ½ to 2 inches and 60-80





# *CPR*

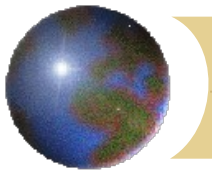
✚ Compression to ventilation rate is?  
15 to 2

This must continue for how many  
cycles?

4

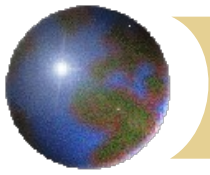
✚ Until relieved by whom?

✚ Medical personnel



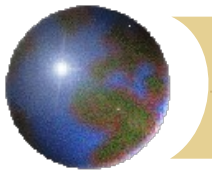
# *CPR*

- ✚ Two rescuer technique
- ✚ What is the compression to ventilation rate?
- ✚ 5 to 1



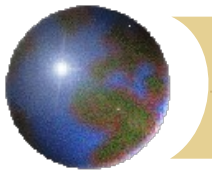
# *AIRWAY BLOCKAGE*

- ✚ Name the different techniques for correction?
- ✚ Standing and Reclining Abdominal Thrust
- ✚ Standing and Reclining Chest Thrust.



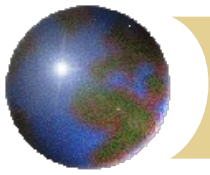
# *BLEEDING*

- ✚ Arteries are?
- ✚ Large vessels that carry blood from the heart.
- ✚ Veins are?
- ✚ Large vessels that carry blood to the heart.



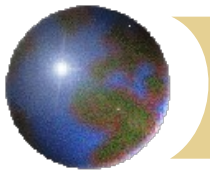
# *BLEEDING*

- ✚ What does hemorrhage mean?
- ✚ (Escape of blood) whenever there is a break in the wall of one or more vessels.
- ✚ What color is Capillary blood?  
Arterial Blood?
- ✚ Brick red      and      Bright red



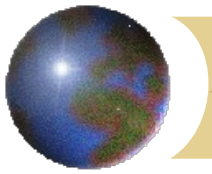
# *BLEEDING*

- ✚ Pressure point areas are:
- ✚ Nearest the wound
- ✚ Between the wound and the main part of the body, or between the wound and the heart.



# *BATTLE DRESSINGS*

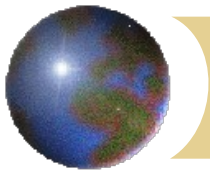
- ✚ What is considered a battle dressing?
- ✚ A combination of compress and bandage.
- ✚ This can only be removed from the victim by whom?
- ✚ Medical personnel



# *BATTLE DRESSINGS*

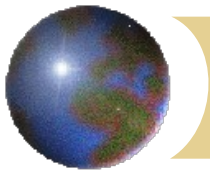
- ✚ **A Constricting band should be used when?**
- ✚ **When the hemorrhage is so severe it will save the life of the victim.**
- ✚ **What is the minimum width?**
- ✚ **2 inches**
- ✚ **How do you identify the victim when one is used?**
- ✚ **“T” on the forehead.**





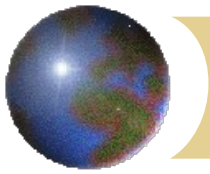
# *SHOCK*

- ✚ Symptoms are:
- ✚ Pulse is weak and rapid, shallow breathing, sweating is noticeable, very pale, and pupils dilated.
- ✚ Prevention: Keep the injured person warm but not overheated.
- ✚ Never give alcohol to someone in shock.



# *SHOCK*

- ✚ What is the basic treatment for shock?
- ✚ Raise the feet 12 inches higher than the head.
- ✚ Remember the most important thing is to get the blood flow to the brain.



# *Suicide*

## ✚ Causes:

✚ Breakup of relationship, death of a loved one, loss of social status

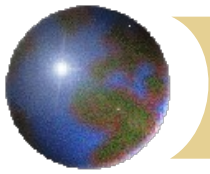
✚ What is the percentage of Navy personnel that commit suicide?

✚ 10%

✚ Who are the most frequent victims?

✚ Males E1-E6, 17-21

✚ The most common cause is depression.



# *BURNS*

- ✚ **First Degree:**

- ✚ **Mildest, slight pain, redness, tenderness**

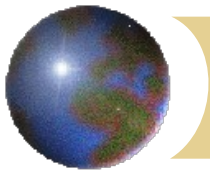
- ✚ **Second Degree:**

- ✚ **Inner skin damaged, resulting in blistering, severe pain**

- ✚ **Third Degree:**

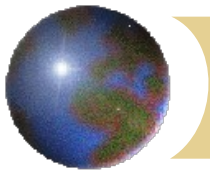
- ✚ **Worst of all:**

- ✚ **Skin destroyed, tissue and muscle affected**



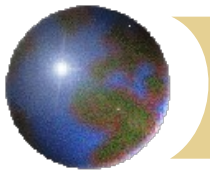
# *BURNS-Effective Treatments*

- ✚ If covers less than 20% of the body immerse in cold water or use cold compress.
- ✚ If covers more than 20% apply sterile, dry bandages.
- ✚ Use aspirin for the pain.



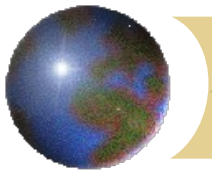
# *BURNS*

- ✚ **What are some of the DON'TS concerning Burns?**
- ✚ **Do not apply ointment or petroleum jelly.**
- ✚ **Do not break blisters or remove any skin.**
- ✚ **Never use any greasy substances (butter, Vaseline, ect).**
- ✚ **What is the BEST treatment for burns?**
- ✚ **Cover with the cleanest (sterile) dressing available.**



# *HEATSTROKE*

- ✚ Heatstroke: Signs are:
- ✚ Headache, nausea, dizziness, or weakness.
- ✚ Has up to a 20% mortality rate.
- ✚ Your body temp can rise to what degree?
- ✚ 105 F (49C)

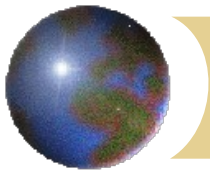


# *Heatstroke*

✚ Treatment:

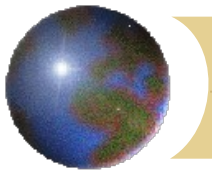
✚ Reduce body temp, maintain open airway.





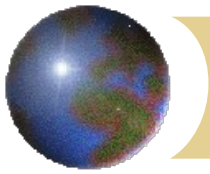
# *Heat Exhaustion*

- ✚ Signs are:
- ✚ Ashen gray, skin cold, pupils dilated, temp below normal
- ✚ Treatment:
- ✚ Loosen clothing, do not allow them to become chilled.



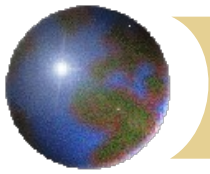
# *Heat Exhaustion*

- ✚ This is the number one cause of sickness in a hot space.
- ✚ If the victim is conscious, give them water with 1tsp of salt per every quart.



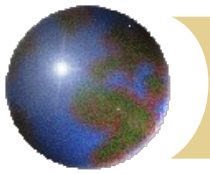
# *FRACTURES/SPRAIN*

- ✚ Fractures are generally classified as:
- ✚ Open or closed
- ✚ Symptoms: pain, swelling, discoloration
- ✚ Treatment: Don't move them, treat for shock, apply splints if necessary.



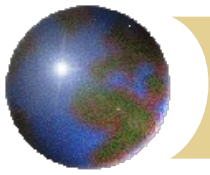
# *FRACTURES/SPRAIN*

- ✚ Sprains are considered?
- ✚ An injury to the ligament or soft tissue supporting the joints.
- ✚ Apply what type of compress?
- ✚ Cold within 24 hours of receiving the sprain.
- ✚ After swelling is reduced apply heat for 15-30 minutes.



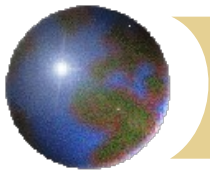
# *Strains*

- ✚ Strains are caused by?
- ✚ Forcible overstretching
- ✚ Treatment:
- ✚ Elevate
- ✚ Apply cold packs for the first 24-48 hours. Do not apply heat until 24 hours after last cold pack.



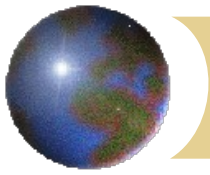
# *Rescue Procedures*

- ✚ What is the easiest procedure for carrying an unconscious victim?
- ✚ Fireman's carry
- ✚ What one is used for under structures and short distances?
- ✚ Tied Hands Crawl



# *Electrical Contact*

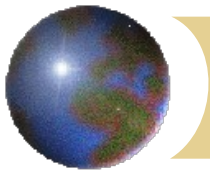
- ✚ Don't touch the victim
- ✚ Look for the switch first, turn off current
- ✚ Use what to remove the wire from the victim:
- ✚ Dry broom, pole, oar, board
- ✚ Always stand on nonconducting material



# *Transporting Injured Personnel*

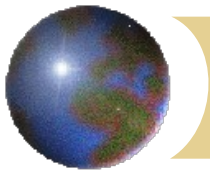
- ✚ What is the most commonly used method?
- ✚ Stokes Stretcher
- ✚ Which one is designed to remove injured from engineering spaces?
- ✚ Neil Robertson Stretcher





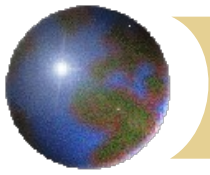
# *PERSONAL HYGIENE*

- ✚ Shower Daily
- ✚ Keep shoes and socks dry. Change daily
- ✚ Keep toes and fingernails cut
- ✚ Hair trimmed and washed
- ✚ Watch your diet
- ✚ Practice good oral hygiene



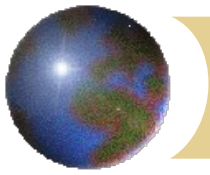
# *STD*

- ✚ What are the two most common STD's?
- ✚ Syphilis and Gonorrhea
- ✚ Syphilis can damage your brain, spinal cord, and heart.



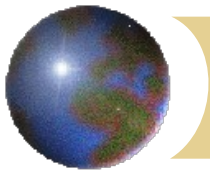
# *Syphilis*

- ✚ Sores (called chancre) will appear on your sex organs. Noticed within how many days?
- ✚ 9-90
- ✚ White glistening spots in the mouth, fever, headaches
- ✚ After the signs go away, the germs can stay hidden for 10-20 years.



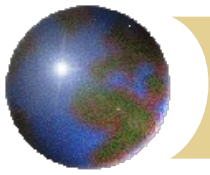
# *Gonorrhea*

- ✚ Symptoms appear in males in how many days?
- ✚ 3-5
- ✚ Symptoms are:
- ✚ Discharge from the sex organs
- ✚ Without treatment can cause?
- ✚ Sterility



# *HERPES*

- ✚ Common viral infection.
- ✚ No known cure.
- ✚ AIDS
- ✚ Can be spread by needle sharing, sexual contact, and through blood transfusions.



# *OFF THE WALL QUESTIONS*

- ✚ The inner dimensions of your shoes should be how far from your toes?
- ✚  $\frac{1}{4}$  inch longer and wider
- ✚ How much blood can you lose before your body goes into shock?
- ✚ 2 pints or .95 liters